

## **XXXVIII. How to Decompress the Spine for Back Pain or Sciatica (Traction) without Equipment (60 Seconds)**

First, do the compression test in the video to determine if compression on your spine increases your pain levels.

**TEST:** Sit on a chair without any arms. Flex or bend your back forward and then grab the seat of the chair and pull up. This puts compression through the spine. Did this make your back pain worse?



If compression makes your back pain worse, it is possible that decompression can make your spine feel better. The idea seems to be sound. There are many ways to apply traction with equipment. We will discuss those later in the video entitled: Top 3 Ways to Apply Traction (Decompression) to the Spine (Low Back or Mid Back).

For now, we will show you 3 simple ways to apply some decompression to your back without incurring any cost.

The studies seem to indicate that you may be able to obtain some short-term relief from pain. The short-term relief may allow you to walk further which in turn can help your back pain and sciatica even more. If any of the techniques provide you with some relief, we believe they are well worth the time. They take less than 60 seconds to apply.

### **Technique 1: Sturdy Park Bench**

Use a sturdy park bench (preferably one that is cemented into the ground). With your arms straight, place the heels of your hands (palms forward) on the top of the bench or on the edge of a countertop. Lean on to your arms and take the weight of your body. Keep your feet in contact with the floor but try to relax your mid and low back. Feel your back lengthen and monitor your pain. If your pain lessens, continue the decompression for up to a minute or as tolerated. You can also do 3 (20 second) sets of decompression- again if sets are pain free.

### **Technique 2: Countertop Corner**

You will need to have two kitchen countertops that connect to form a corner.

Face the point at which two countertops connect to form a corner. With your arms straight, place the heel of your right hand on the edge of the countertop forming the right side of the corner. The heel of your left hand should be placed on the countertop forming the left side of the corner. Lean on to your arms and take the weight of your body. Keep your feet in contact with the floor but try to relax your mid and low back. Feel your back lengthen and monitor your pain. If your pain lessens, continue the decompression for up to a minute or as tolerated. You can also do 3 (20 sec) sets of decompression, again if sets are pain free.

### **Technique 3: Kneeling between two chairs.**

Kneel upright on the floor with two solid chairs positioned on each side of you (with the seat of each chair nearest you). With fingers pointed forward, place the palm of each hand on the center portion of the seat of each chair. Lean on to your arms and take the weight of your body. Lift your knees off the floor while keeping your feet on the floor. Try to relax your mid and low back. Feel your back lengthen and monitor your pain. If your pain lessens, continue the decompression for up to a minute or as tolerated. You can also do 3 (20 second) sets of decompression- again if sets are pain free.